

The Senior Profile

Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Closed Tuesday, November 11th for Veterans Day, and
Thursday and Friday November 27th and 28th for Thanksgiving
Telephone: 508-763-9557 / Fax: 508-763-9084 E-mail: Freetowncoa@aol.com

The distribution of this newsletter is made possible (in whole or part)
by a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve the seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy

Hot Thanksgiving Turkey Dinner

The Veterans Transitional Home usually offers hot meals to be delivered on Thanksgiving Day. At the time of this printing, we do not know if they are offering it this year. Call the COA to inquire.

Freetown Senior Birthday Party

On Thursday, November 13th at 12:00 PM, we will be having our Birthday party for seniors of Freetown. Lunch is Cowboy Chicken by Cyd's Creative Kitchen. RSVP and \$4.00 due by Thursday, November 6th. All are welcome.

Cyd's Luncheons

Tuesday, November 4th, at 11:30 AM, Turkey,
RSVP by October 28th, \$5.00 PP

Tuesday, November 18th, at 11:30 AM, Meat Pie,
RSVP by November 12th, \$5.00 PP

Fuel Assistance

New applicants please call the COA to make an appointment. For repeat applications, please call the COA when you receive your application.

<u># of people</u>	<u>UP TO:</u>
1	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

La Salette Shrine Trip ALL ARE WELCOME!

We will be going to La Salette Shrine on Monday, December 1st at 4:45 PM. We will meet in the Senior Center parking lot and take a school bus to La Salette Shrine in Attleboro, MA. A \$5.00 donation is requested. RSVP by Monday, November 24th.

SHINE

(Serving Health Insurance Needs for the Elderly)

Our SHINE counselor will be here Wednesday, November 12th and Monday, November 24th from 1:00 PM to 3:30 PM Please call for an appointment. If you have any questions for SHINE before then, please call their regional office at 1-800-987-2510.

You will need to bring in a list of prescriptions you take, your income, and your Medicare and/or Medicaid information. Also, if you have seen our SHINE counselor before.

SNAP (Food Stamps)

We will be having a representative coming to the senior center to take applications and/or answer any questions about Food Stamps. Please call the COA to put your name on a list. We are not sure of the date as of this printing. You must call and we will have a date and time.

Calvary Pentecostal Church Luncheon

On Friday, November 21st at 12:00 PM, there will be a Turkey Dinner for seniors from Freetown at Calvary Pentecostal Church, 33 Braley Road, East Freetown. Please call the COA by Thursday, November 13th to reserve your spot.

Medicare Open Enrollment Seminar

On Monday, November 3rd at 10:30 AM, Lisa Sarkis, Regional SHINE Director will be here to talk to seniors about open enrollment. Please call the COA by Monday, October 27th to reserve your seat.

Submitted by SHINE

Parkinson's Support Group

The next monthly meeting will be on Thursday, November 13th at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA. Topic: "Come Chat, Share and Learn. Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!

Submitted by Judy Medeiros

Senator and Representative

Representative Carole Fiola will be here Monday, November 3rd from 9:30 AM to 10:30 AM
Representative Paul Schmid will be here Monday, November 3rd from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Friday, November 21st from 9:00 AM to 10:30 AM

Pool Table

Mondays, at 9:00 AM, the pool room is free most days. Call for availability.

Card Games

Mondays, 1:00 PM to 3:00 PM

Pitch

Mondays, 1:00 PM to 3:00 PM
New players welcome!

BINGO

Tuesdays from 12:45 to 3:00 PM. The license for bingo requires that you be at least 60 years old to play

Computer Class

Wednesdays, 9:00 AM to 12:00 PM
Three hour class with a \$10.00 donation
Please call the Senior Center for further information

Painting Class

Wednesdays, 9:00 AM to 11:00 AM
We will be focusing on flowers for the first classes.
All levels of experience painters are welcome.

Scrabble

Thursdays at 12:30 PM

Line Dancing

Wednesdays, at 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

The Freetown Senior Club

Thursdays, November 6th at 1:00 PM: Speaker-Rosa Farizio on Medicare & Legal Services, and
November 20th at 11:00 AM: At White's Restaurant

Dan Leblanc, Veteran's Agent

If you need some help, please give me a call at 774-930-4392. My office hours are Monday thru Friday 9:00 AM to 4:00 PM

Reverse Mortgage Seminar

On Monday, November 17th at 11:00 AM, Ed Dugan, Mortgage Advisor from Able Mortgage Co., will discuss options that seniors have for staying in their home with a focus on the reverse mortgage. The reverse mortgage is a financial option created specifically for seniors who wish to keep their home in their nonworking years. A reverse mortgage, more formally called a home equity conversion mortgage, can be of great benefit to those who would like to use equity as a pool of money to make their lives more comfortable. Income and credit are not used to qualify. With a reverse mortgage, the homeowner can never owe more than the home is worth.

John Estrella, Mortgage Broker and Certified Financial Planner® from Able Mortgage Co. will speak on other financial options that may be beneficial to seniors and how long-term planning can save them money. RSVP by November 10th.

Submitted by Ed Dugan

"Brown Bag" Program

**Pick up day will be Wednesday, November 19th
from 10:30 AM to 12:00 PM
at the front of the building**

"Brown Bag" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older, recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance, and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,800 per month
2 people	\$2,426 per month
3 people	\$3,051 per month
4 people	\$3,677 per month

For questions call 508-763-9557. We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM

Come on down and check out all the fresh fruit and vegetables. She also has fresh eggs.

USDA CAN HELP REPAIR YOUR HOME RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600	2 \$29,250
3 \$32,900	4 \$36,600

To contact Rural Development please call 508-295-5151, extension 3, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma

VAN SCHEDULE

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

For the safety of you and our van drivers, you must have your driveway and walkway clear.

VAN SCHEDULING

In order to be more efficient with the van, when you call in, please have the exact **name and address** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

YOU ARE REQUIRED BY LAW TO WEAR A SEAT BELT! NO SEAT BELT-NO RIDE

OPENINGS FOR SENIOR AIDES

Job training program that helps people over 55 years old receive employment. Participants receive a stipend for 20 hours a week at \$8.00 an hour for their community service, as they search for unsubsidized employment. If you would like to participate please contact the Senior Aide Program at Citizens for Citizens, Inc., 508-679-0041, Ext 219.

Senior Aide Program

- **Brief Program Description:** Senior employment is a training program for elders to be placed back into the work force. Seniors in Bristol County, Norfolk County and Plymouth County are served by this program.
- **Eligibility:** Must be age 55 or older and meet income guidelines.
- **Documentation Needed:** Proof of income.
- **Application Process:** Interested parties should contact the Fall River office.
- **Criteria for Selection:** Those who meet income guidelines will be considered first.

PODIATRIST

The Foot Doctor will be here on Thursday, December 4th at 9:30 AM and Monday, December 15th at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**



Household Hints

1. Make paper towel holder out of fake drawer under sink.
2. Run bacon under cold water, then bake 10 min. at 365 degrees.
3. Get rid of spiders by spraying door frames with peppermint oil and water.
4. Buy flights on Tuesday at 3 PM, six weeks before flight.
5. While walking in dangerous areas, get police scanner app on phone and listen to it at full volume.
6. Cherries fight cancer.
7. Use any old cel phone to call 911.

Submitted by Gert Singleton

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717
ADDRESS SERVICE REQUESTED

STAFF AND BOARD MEMBERS:

Barbara Lafleur, Director
Rosemary Haley, Senior Clerk, Editor

COA Board:

Jeannette M. Tisdelle – Chair Person
Marion E. Rylands – Vice Chair Person
Edward J. Medeiros – Treasurer
Charles E. Gray
Robert G. Martel
Bruce W. Wilbur

Van Drivers:

Judy A. Reese
Vincent D'Oliveira
John E. Pye, Jr.

PRESORT STD.
US POSTAGE

PAID

PERMIT #PI 112
ROCHESTER, MA 02770

Muffins

Mondays, 10:00 AM

Come on over and have a cup of coffee or tea and fresh from the oven muffins with other people from town.

If you wish to receive your Senior Profile by e-mail, please send us your e-mail address at Freetowncoa@aol.com. They have a town web site if you wish to check out anything to do with the town at www.freetownma.gov.

DIRECTORS NOTE

We would like to ask anyone who is interested in volunteering to make cakes for our Birthday Parties to please contact the senior center. Thank you.

****GOLD**SILVER**PLATINUM****

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Thursday, November 13th, from 11:00 AM to 1:00 PM. Anyone can attend. It's a great opportunity to turn your old, broken and unwanted gold, silver or platinum pieces and/or jewelry (in any condition) into cash. A portion of the proceeds will be donated to the senior center which we use to purchase groceries for the grocery room. Please call the COA for further information.
